



**National Summit on
Creating Caring Communities
September 21-23, 2003
Orlando, Florida
Caribe Royal Convention Center**

Reasons to Attend the Summit

AoA invites you to attend the National Summit on Creating Caring Communities. Position yourself and your organization to meet the needs of today's older Americans, the coming wave of aging Baby Boomers, and a sea of change in racial and ethnic diversity. Get ready for change. Join us this September at the National Summit!

Hear from experts about subjects that are vital to your organization's future success. Find practical information and tools you can use based on the best available science and most promising practices.

Plenary and workshop sessions

- Rebalancing the Long Term Care System from Institutional to Home/Community-Based Care
- Lifestyle Choices through Health Promotion and Disease Prevention
- Family Caregiving and Home/Community-Based Services.

Conference Goals:

This conference will help you to:

- Promote policy and program changes at the state, tribal and local level that would make the long-term care system more balanced and more responsive to the needs and preferences of older people and their family caregivers.
- Develop and operate innovative programs at the state, tribal and local level that will help older people to remain at home and support family caregivers.
- Promote strategies and tools at the state, tribal and local level to prevent chronic diseases and eliminate the risk factors that cause them.

Who Should Attend?

We encourage professionals in the national aging services network to attend the AoA National Summit. The summit is designed for professionals and practitioners from health, long-term care, and consumer organizations; educators; members of the business community; policymakers; and representatives at all levels including those from:

- State Agencies on Aging
- Area Agencies on Aging
- Health and Social Service Agencies
- Tribal Organizations
- Community Service Providers
- National Aging Organizations
- National Health Organizations
- Businesses
- Federal Agencies
- Substance Abuse and Mental Health Agencies
- Medicaid Agencies

How Do I Get More Information and Register?

Find registration and other information at <http://www.hsrnet.net/AoASummit/>.

Summit Length/Structure:

2 days / 3 plenary sessions; 35 workshop sessions

Summit Schedule

Sunday, September 21

12:00 – 6:00 pm	Registration
2:00 – 4:00 pm	Open Plenary Session: “ <i>Vision for the Future – Creating Caring Communities for Today’s and Tomorrow’s Older Americans</i> ”
4:30 – 5:00 pm	Theatrical Performance: “ <i>Caring For Me; Caring for You</i> ”
5:00 – 8:00 pm	Reception

Exhibit Hall Open from 5:00 PM to 8:00 PM

Monday, September 22

8:30 – 10:00 am	Plenary Session: “ <i>Rebalancing Long-Term Care Systems</i> ”
	Break
10:30 am – 12:00 pm	Concurrent Sessions (choose from 7)
12:00 – 1:30 pm	Lunch
1:30 – 3:00 pm	Concurrent Sessions (choose from 7)
	Break
3:30 – 5:00 pm	Concurrent Sessions (choose from 7)

Exhibit Hall Open from 10:00 AM to noon and 1:00 pm to 5:00 PM

Tuesday, September 23

8:30 – 10:00 am	Concurrent Sessions (choose from 7)
10:30 am – 12:00 pm	Concurrent Session (choose from 7)
12:30 – 2:00 pm	Closing Plenary Session -- Lunch

Exhibit Hall Open from 8:00 AM to 12:30 PM

SUMMIT SESSIONS AT A GLANCE

SUNDAY, SEPTEMBER 21

12:00 – 6:00 pm REGISTRATION

2:00 – 4:00 pm OPEN PLENARY SESSION

Vision for the Future: Creating Caring Communities for Today's and Tomorrow's Older Americans

4:30 – 5:00 pm THEATRICAL PERFORMANCE

“Caring For Me; Caring for You”

5:00 – 8:00 pm RECEPTION

Exhibit Hall Open from 5:00 PM to 8:00 PM

MONDAY, SEPTEMBER 22

8:30 am – 10:00 am PLENARY SESSION

Rebalancing Long-Term Care Systems to Meet the Coming Explosion in Demand

10:30 am – 12:00 pm CONCURRENT SESSIONS

- *Making the Consumer Connection: Single Entry Point Information & Assistance Systems*
- *Healthy Lifestyle Choices for Managing Chronic Disease*
- *Taking Care of the Caregiver*
- *Consumer Involvement in Policy and Program Development*
- *Providing Culturally Competent Care*
- *Get Active and Healthy--Fostering Physical Activity Among Older Adults*
- *Kinship Care--Grandparents and Other Relatives Raising Children*

1:30 pm – 3:00 pm CONCURRENT SESSIONS

- *There's No Place Like Home--State Tools to Rebalance the Long-Term Care System*
- *Making Connections--Fostering Collaboration Between State Aging and Health Networks*
- *What Do Caregivers Need? Caregiver Assessment and Evaluation*
- *Promoting Quality in Home and Community Based Programs*
- *Expanding Food and Nutrition Services for High Risk, Low-Income Older Adults*
- *Innovative Caregiver Outreach--Partnerships and New Collaborations*
- *Medication Management -- Increasing the Benefits, Avoiding Risks*

MONDAY, SEPTEMBER 22

3:30 pm – 5:00 pm CONCURRENT SESSIONS

- *Promising Practices in Managing Long-Term Care*
- *State Units on Aging Deliver Successful Health Promotion Campaigns*
- *Meeting the Unique Needs of Native American Caregivers*
- *Intelligent Transportation—What it Means for You*
- *NOT a Normal Part of Aging-- Depression, Anxiety and Substance Abuse*
- *Customizing Services--Supporting Caregivers of Persons With Alzheimer's Disease*
- *States Measure Their Progress--Rebalancing the Long Term Care System*

Exhibit Hall Open from 10:00 AM to Noon and 1:00 pm to 5:00 PM

TUESDAY, SEPTEMBER 23

8:30 am – 10:00 am CONCURRENT SESSIONS

- *Putting Consumers in the Driver's Seat--Consumer and Family Directed Programs*
- *It's Not Too Late To Prevent Diabetes. You Can Take the First Step*
- *Caring for Caregivers—The National Family Caregiver Support Program Makes a Difference*
- *Get Ready for "Money Follows the Person"*
- *Taking Care of the Caregiver: Nutrition, Physical Activity, and Mental Health*
- *The Long-Term Care Workforce Shortage: Implications and Solutions*
- *Technology at the Fingertips of Caregivers*

10:30 am – 12:00 pm CONCURRENT SESSIONS

- *Streamlining Access to Services—Technology makes a Difference*
- *Healthy Aging Project – Translating Research Into Practice to Promote Senior Health*
- *Public Awareness Campaigns that Reach Out to Caregivers*
- *The Nitty Gritty of Operating a Resource Center*
- *More than a Meal: Nutrition Interventions for Older Americans*
- *Arming Family Caregivers with Tools, Skills, and Information*
- *Creating Community-Level Change--Livable Communities Initiatives*

12:30 – 2:00 pm CLOSING PLENARY SESSION

Exhibit Hall Open from 8:00 AM to 12:30 PM

PRELIMINARY AGENDA

SUNDAY, SEPTEMBER 21

12:00 – 6:00 pm

Registration

2:00 – 4:00 pm

Opening Plenary Session: Vision for the Future: Creating Caring Communities for Today's and Tomorrow's Older Americans

The U.S. Department of Health and Human Services (HHS), Administration on Aging (AoA) and states around the nation are working hard to make the long-term care system more responsive to the needs and preferences of older people and their families. These efforts focus on empowering older people and their families to make informed decisions about life choices and creating more flexible service options from which people can choose. These choices should:

- Help people maintain and improve their health as they age,
- Help families care for their loved ones, and, most importantly,
- Help older people remain independent and in their own homes.

4:30 – 5:00 pm

Theatrical Performance: “Caring For Me; Caring for You”

5:00 – 8:00 pm

Reception

PRELIMINARY AGENDA

MONDAY, SEPTEMBER 22

8:30 am – 10:00 am

Plenary Session: Rebalancing Long-Term Care Systems to Meet the Coming Explosion in Demand

Unprecedented growth in the elderly population is projected for the 21st century, and the population age 85 and older—those most in need of long-term care services—is expected to outpace the rate of growth for the entire elderly population. Long-term care is most frequently provided by family and friends at home or in a community setting. Despite this clear preference for home and community-based care, our formal long-term care system is biased towards institutionalization. Officials from the Administration on Aging (AoA) and the Centers for Medicare & Medicaid Services (CMS) will highlight promising practices in states' efforts to rebalance their long-term care resources and discuss the Bush Administration's initiatives to promote rebalancing.

Speakers:

Edwin Walker, Deputy Assistant Secretary for Policy & Programs, Administration on Aging

Thomas Hamilton, Centers for Medicare and Medicaid Services

10:00 am – 10:30 am

Break

10:30 am – 12:00 pm

CONCURRENT SESSIONS (choose from 7)

Session 1:

Making the Consumer Connection: Single Entry Point Information & Assistance Systems

Representatives from the Administration on Aging and Centers for Medicare & Medicaid Services will discuss a joint program to promote the establishment of “one-stop shop” entry point systems into long-term care for people of all ages with disabilities. A newly released survey by the National Academy of State Health Policy will provide a national picture of single entry point systems, who they serve, funding sources coordinated, functions, and characteristics of administering organizations. The innovative single entry point system in San Diego will be highlighted

Moderator: *John Wren*, AoA

Speakers: *Steve Lutzky*, Centers for Medicare and Medicaid Services, Baltimore, MD

Robert Mollica, National Academy of State Health Policy

Pamela B. Smith, Director, Aging & Independence Services;
County of San Diego; San Diego, CA

Session 2: Healthy Lifestyle Choices for Managing Chronic Disease

The majority of older Americans live with a chronic disease or condition that interferes with functionality and independence. Learn how to ameliorate the effects of many of these chronic illnesses and conditions with appropriate nutrition, physical activity, and other interventions that can be successfully implemented in community-based programs.

Moderator: *Brian Lutz*, Administration on Aging

Speakers: *Geraldine MacKenzie*, New Jersey Dept. of Health and Senior Services, Older Adult Health and Wellness

Albert Barrocas, MD, VP Medical Affairs, Pendleton Memorial Methodist Hospital, New Orleans, LA

Session 3: Taking Care of the Caregiver

This session will examine community-based efforts designed to foster health promotion and disease prevention efforts for caregivers.

Moderator: *Rick Greene*, Administration on Aging

Speakers: *Carol Levine*, United Hospital Fund of New York, NY, NY

Katryna Gould, caregiver, Washington, D.C.

Ruth Palumbo, Massachusetts Department of Public Health,
Boston, MA

Session 4: Consumer Involvement in Policy and Program Development

Behind successful efforts to expand home and community based services lies an effective advocacy campaign that promotes independence and consumer values and preferences. This session will look at advocacy strategies used by aging groups, people with disabilities and people with developmental disabilities to re-balance long term care systems.

Speakers: *Tom Frazier*, Coalition of Wisconsin Aging Groups, Madison, WI

Michael O'Donnell, East Central Illinois Area Agency on Aging,
Bloomington, IL

Session 5:**Providing Culturally Competent Care**

Caregiving is not confined to specific cultures, regions, languages, or mental capacities. This session will discuss how caregivers can better help their care recipients that may fall under the category of “special populations.”

Speakers: *Donna Wagner*, Pima Council on Aging

DiAnn Baxley, Center on Intellectual Disabilities, Albany, NY

Session 6:**Get Active and Healthy--Fostering Physical Activity Among Older Adults**

Adequate, appropriate physical activity is essential for healthy aging, functionality and independence, and management of chronic illness and conditions. This session will focus on successful, practical physical activity interventions that keep older adults, healthy, functional and at-home.

Moderator: *Judith Salerno*, National Institute on Aging, Bethesda, MD

Speakers: *Nancy Wellman*, Ph.D., Director, National Policy and Resource Center on Nutrition and Aging, Florida International University

Wojtek J. Chodzko-Zajko, Ph.D., Chair, Department of Kinesiology, University of Illinois at Urbana-Champaign, Urbana, Illinois

Penny Royall, Acting Executive Director, President’s Council on Physical Fitness and Sports, Washington, D.C.

Session 7:**Kinship Care--Grandparents and Other Relatives Raising Children**

Presenters will discuss supports for grandparents and other relatives raising children through the National Family Caregiver Support Program. Through trainings, technical assistance, and the provision of services, speakers will describe how a variety of agencies provide leadership in the field of kinship care.

Moderator: *Mindy Freedman*, Administration on Aging

Speakers: *Gail Collins*, Administration for Children and Families, U.S. Department of Health and Human Services, Washington, D.C.

Donna Butts, Generations United, Washington, D.C.

Laurie Marshall, Catholic Family Services, Rochester, NY

12:00 pm – 1:30 pm

LUNCH

1:30 pm – 3:00 pm

CONCURRENT SESSIONS (choose from 7)

Session 8:

There's No Place Like Home--State Tools to Rebalance the Long-Term Care System

The vast majority of individuals prefer to remain at home and in their communities as they age. Many of these individuals rely on family and friends to provide them assistance when they experience limitations in their daily activities. Home and community-based services provide another form of preferred assistance to older adults with disabilities. However, public long-term care systems are biased towards the provision of institutional care. This session will highlight the efforts of four states to redirect their resources to provide a more balanced array of options for long-term care consumers.

Moderator: *Melanie Starns*, Administration on Aging

Speakers: *Donna McDowell*, Director, Bureau of Aging and LTC Resources, Madison, WI

Dennis Streets, NC Dept. of Health and Human Services, Division of Aging, Raleigh, NC

Session 9:

Making Connections--Fostering Collaboration Between State Aging and Health Networks

This session will describe efforts of the Administration on Aging and the Centers for Disease Control and Prevention to foster collaboration between State Units on Aging and State Health Departments. Attendees will learn from promising practices in health promotion/disease prevention for the aged including training the aging and health networks around collaboration, partnership development and evidenced based physical activity programs.

Moderator: *Greg Case*, Administration on Aging

Speakers: *Mary Walsh*, Maine Bureau of Elder and Adult Services

Mary Bethel, North Carolina Division on Aging

Mary Walsh, Maine Bureau of Elder and Adult Services, Augusta, ME

Jennifer Drzik, Maryland Department of Aging, Baltimore, MD

Session 10: What Do Caregivers Need? Caregiver Assessment and Evaluation

Among the critical areas identified by service providers assisting caregivers are assessment, counseling and evaluation of outcomes. This session will provide attendees with an overview of assessment tools that can be used, strategies to counsel caregivers and ways to measure the effectiveness of services provided to caregivers.

Moderator: *Rick Greene*, Administration on Aging

Speakers: *Lynn Friss Feinberg*- Family Caregiver Alliance, San Francisco, CA

Andrew Sharlach, University of California, Berkeley, CA

Carol Whitlatch, Benjamin Rose Institute, Cleveland, OH

Session 11: Promoting Quality in Home and Community Based Programs

AoA and CMS efforts to improve quality assurance activities related to home and community-based services (HCBS) will be presented. Attendees will learn how they can utilize these innovations with their programs at the state and local level through: a preliminary inventory of state HCBS quality strategies; a consumer survey; and a work book states can use as a tool to improve the quality of home and community based programs. This session will help attendees understand the components of a quality improvement process for HCBS programs, guide the design and implementation of a quality improvement project, and document and monitor QI activity.

Moderator: *Frank Burns*, Administration on Aging

Speakers: *Scott Geron*, Boston University, Boston, MA

Session 12: Expanding Food and Nutrition Services for High Risk, Low-Income Older Adults

Access to adequate food is essential to maintain health and functionality. The United States Department of Agriculture (USDA) is the largest provider of food assistance to the nation's nutritionally needy. This session will highlight successful aging network collaborations with USDA Food Programs that expand food and nutrition services for nutritionally high risk, low-income older adults.

Session 13: Innovative Caregiver Outreach--Partnerships and New Collaborations

This session will focus on partnerships to reach caregivers often overlooked. Panelists will describe the unique challenges faced in identifying and serving male and employed caregivers and one presentation will highlight strategies to have physicians assist in the identification and referral of caregivers.

Speakers: *Adrienne Dern*, National Association of Area Agencies on Aging, Washington, D.C.

Ann Bannes, St. Andrew's At Home Services, St. Louis, MO

Gail Hunt, National Alliance for Caregiving, Bethesda, MD

Session 14: Medication Management -- Increasing the Benefits, Avoiding Risks

About 30% to 50% of those who use medicines in this country do not use them as directed. Medication mismanagement can cause increased doctor visits, increased hospital stays, lost wages and changed prescriptions. The consequences of medication mismanagement cost Americans as much as \$76.6 billion each year. Medication errors can be particularly pronounced if an individual lacks information, has limited reading skills, or has language or cultural barriers. This session will focus on how to maximize the benefits of medications for seniors while avoiding potential risks.

Speakers: *Rosaly Correa-de-Araujo*, MD, MSc, PhD, Agency for Health Research Quality (AHRQ)

Nancy D. Smith, Ph.D., Center for Drug Evaluation and Research,
Food and Drug Administration

Kathleen Cameron, RPh, MPH, American Society of Consultant
Pharmacists, Research and Education Foundation

Lori Daiello, PharmD, Pharmacotherapy Solutions, Orlando, FL

3:30 pm – 5:00 pm

CONCURRENT SESSIONS (choose from 7)

Session 15:

Promising Practices in Managing Long-Term Care

The long-term care system is characterized by a multitude of separate funding streams that are accompanied by unique eligibility criteria, assessment and intake procedures, and other rules. Many states and local communities are struggling to bring these disparate funding streams together to provide a more comprehensive and coordinated package of long-term care services to older adults. This session will highlight innovative practices that have made a real difference in the lives of the consumers.

Moderator: *Kari Benson*, Administration on Aging

Speakers: *Pamela Parker*, Minnesota Department of Human Services,
St. Paul, MN

Carol Suleski, Elder Service Plan of North Shore, Inc.,
Lynn, MA

Timothy Schwab, M.D., Chief Medical Director, SXAN Health
Plan, Long Beach, CA

Session 16:

State Units on Aging Deliver Successful Health Promotion Campaigns

This session will highlight some of the best health promotion programs sponsored under the Older Americans Act. Session speakers will discuss how Title III-B, C, D and Title VI funds are being used for health promotion activities. Participants will learn about successful health promotion and disease prevention programs that target older adults.

Speakers: *Theresa Lambert*, National Association of State Units on Aging,
Washington, D.C.

Juanita Pless, Pennsylvania Dept.of Aging, Harrisburg, PA

Session 17: Meeting the Unique Needs of Native American Caregivers

Native American communities sometimes experience unique issues when providing services to their constituents. Come meet with some AoA funded Native American Caregiver demonstration grantees and see how they are serving the caregivers in their communities. Come get ideas. This is a new focus for many of us.

Moderator: *Meg Graves*, Administration on Aging

Speakers: *Sharon Swift*, Rosebud Sioux, Rosebud, South Dakota

Elizabeth Mueller, Jamestown S’Klallam, Sequim, Washington

Connie Bremner, Blackfeet Nation, Browning, Montana

Session 18: Intelligent Transportation—What it Means for You

A Memorandum of Understanding signed by AoA and the Federal Transit Administration (FTA) in January 2003 provides the framework for collaborative efforts to coordinate transportation services for seniors across the country. An overview of the MOU and 2003 activities will be presented. The FTA Intelligent Transportation System demonstration program will be described. FTA has funding available for state/local efforts under this program to utilize technology to coordinate transportation services. Two examples of successful demonstrations will be highlighted.

Moderator: *Lois Albarelli*, Administration on Aging

Speakers: *William Wiggins*

Session 19: NOT a Normal Part of Aging-- Depression, Anxiety and Substance Abuse

One in five older Americans has a diagnosable mental illness, but less than one-quarter of them get any type of mental health attention, let alone appropriate treatment. Undiagnosed and untreated mental illness can lead to suicidal ideation, which has serious implications for older adults and their loved ones, particularly older women who both live longer than men and often remain family caregivers. Older Americans, family members, caregivers, neighbors and friends need to know the difference between healthy grieving over losses and unhealthy depression, between normal worries and anxiety disorders, and between normal drinking and abuse of alcohol and medications to emotional pain.

Moderator: *Mimi Toomey*, Administration on Aging

Speakers: *Jane Pearson*, Ph.D., National Institute of Mental Health

Duiona R. Baker, Associate Administrator for Women's Services, SAMHSA

Laurie Young, Ph.D., Executive Director, Older Women's League

Shauna O'Neil, Director, Salt Lake County Aging Services, Salt Lake City, UT

Session 20:

Customizing Services--Supporting Caregivers of Persons With Alzheimer's Disease

This session will focus on innovative approaches used by AoA Alzheimer's Disease Demonstration Grants to States (ADDGS) programs for serving low-income, rural or specific cultural/ethnic populations. The "El Portal" program in California created a comprehensive network of dementia-specific services, including adult day care, care management and respite services, targeted to the Latino population in east and southeast Los Angeles. The El Portal "system of dementia care" has been successfully replicated in the Hispanic, African American and the Asian/Pacific Islander communities. In rural communities in Maine, an in-home geriatric assessment process was developed and has been successful in identifying care needs and linking isolated families with appropriate home and community-based services. The Alzheimer's Caregiver Education and Support Program in Alabama has developed a system of care for rural, minority, and low-income persons with AD that includes training for long-term care providers, public education and community-based care services.

Moderator: ***Lori Stalbaum***, Administration on Aging

Speakers: ***Laura Trejo***, LA City Dept. of Aging, Los Angeles, CA

Romaine Turyn, Maine Alzheimer's Project, Augusta, ME

Gloria Goldman, TARCOG Area Agency on Aging, Huntsville, AL

Session 21:

States Measure Their Progress--Rebalancing the Long Term Care System

Results of focus groups with state legislators, conducted by the National Conference of State Legislators in collaboration with AoA, will be shared. Attendees will learn what data legislators are looking for to inform their efforts to promote innovations in long-term care. Methods to compile aging-specific data on the long-term care system at the national and state levels will be presented.

State efforts to undertake this data compilation and to utilize it to inform program and policy development in this area will be shared.

Moderator: *Don Grantt*, Administration on Aging

Speakers: *Wendy Fox-Grage*

PRELIMINARY AGENDA

TUESDAY, SEPTEMBER 23

8:30 am – 10:00 am

CONCURRENT SESSIONS (choose from 7)

Session 22:

Putting Consumers in the Driver's Seat--Consumer and Family Directed Programs

This session will present an overview of consumer directed programs, examples of how states have examined their programs in relation to the principles of consumer direction and a state promising practice in consumer direction.

Moderator: *Kari Benson*, Administration on Aging

Speakers: *Virginia Dize*, National Association of State Units on Aging, Washington, D.C.

Patrick Flood, Commissioner, Vermont Department of Aging and Disabilities, Waterbury, VT

Pam Doty, ASPE, U.S. Department of Health and Human Services, Washington, D.C.

Session 23:

It's Not Too Late To Prevent Diabetes. You Can Take the First Step

In an effort to educate the older adult community about the results of the Diabetes Prevention Program's clinical trial result findings, the National Diabetes Education Program's (NDEP) older adult workgroup developed a campaign to create awareness that type 2 diabetes can be prevented through modest weight loss (5-7% of body weight) and lifestyle changes. This workshop will discuss the development of the "It's Not Too Late to Prevent Diabetes" campaign, as well as share goals, components, activities and resources/materials that are available through the NDEP website.

Moderator: *Bert Williams*, Administration on Aging/Centers for Medicare and Medicaid Services

Speakers: *TaWanna Berry*, M.A., Deputy Director, National Diabetes Education Program, National Institutes of Health, Bethesda, MD

Carolyn Leontos, Chair, National Diabetes Education Program Older Work Group

Session 24:

Caring for Caregivers—The National Family Caregiver Support Program Makes a Difference

Much of the federal government's efforts to assist states and tribes in implementing the National Family Caregiver Support Program has come in the form of formula grants, and grants made available to states, area agencies on aging, service providers, and tribal organizations on a competitive basis. These grants fund initiatives to develop and enhance comprehensive statewide and tribal systems of informal support. This progress report on program implementation clarifies the opportunities, as well as the future challenges, created by these federal grants.

Session highlights include:

- National findings on the numbers of caregivers served under the NFCSP in fiscal year 2002;
- National findings on caregivers of Older Americans Act clients;
- Updates on program operations; and
- Findings from the Native American Caregiver Program Directors survey.

Moderator: *Frank Burns*, U.S. Administration on Aging

Speakers: *Marie R. Squillace*, Ph.D., U.S. Administration on Aging

Yvonne Jackson, Ph.D., U.S. Administration on Aging

Session 25:

Get Ready for “Money Follows the Person”

Older adults comprise the vast majority of people living in nursing homes. The expansion of in-home and residential options has created opportunities for older nursing home residents to return to the community. This session will present examples of how programs work with nursing homes, identify residents interested in moving to the community, the challenges faced and the resources used to support their relocation. It will also highlight innovative efforts to divert individuals from nursing homes.

Moderator: *John Wren*, Administration on Aging

Speakers: *Susan Hill*, Centers for Medicare and Medicaid Services

Kris Baldwin, Program Manager, Arkansas Division of Aging and Disabilities, Little Rock, AR

Session 26: **Taking Care of the Caregiver: Nutrition, Physical Activity, and Mental Health**

Family caregiving can create high levels of stress that may compromise a caregiver's own physical and emotional health. Deteriorating health may diminish their ability to provide care and impair the care recipient's quality of life. The session speakers will discuss the importance of helping caregivers care for themselves and how caregivers may employ healthy behaviors to reduce the burdens of caregiving.

Moderator: *Kathleen Loughrey*, Administration on Aging

Speakers: *Heidi Silver*, Ph.D., RD, CNSD, Assistant Director, National Policy and Resource Center on Nutrition and Aging, Florida International University, Miami, FL

Steven H. Zarit, Ph.D., Chair, Department of Human Development and Family Studies, Penn State University, University Park, PA

Session 27: **The Long-Term Care Workforce Shortage: Implications and Solutions**

This session will examine the recommendations included in a report jointly issued by the U.S. Department of Labor and the Department of Health and Human Services Office of the Assistant Secretary for Planning and Evaluation (ASPE) to Congress entitled, "The Future Supply of Long-Term Care Workers in Relation to the Aging Baby Boom Generation." A synthesis of existing research in this area will be highlighted and implications for state and local efforts to address the workforce shortage will be discussed.

Moderator: *Melanie Starns*, Administration on Aging

Speakers: *Andreas Frank*, ASPE, U.S. Department of Health and Human Services

Joshua Weiner, Research Triangle International, Inc.

Session 28: **Technology at the Fingertips of Caregivers**

Learn how caregivers can use supplemental funds under Title III-E of the Older Americans Act to access innovative technologies that assist in their caregiving responsibilities.

Speakers: *John Wanat*, Monmouth County Office on Aging, Freehold, NJ
Tianna Moscinski, Senior Service Centers of Albany, Albany, NY
Kathleen Kelly, Family Caregiver Alliance, San Francisco, CA
Julie Overton, University of Southern California, Andrus Gerontology Center, Los Angeles, CA

10:30 am – 12:00 pm

CONCURRENT SESSIONS (choose from 7)

Session 29:

Streamlining Access to Services—Technology makes a Difference

The increasing complexity of health and supportive service needs of today's elders underscores the importance of streamlining access to services through various technology innovations. This session will showcase some of these innovations, including using technology to coordinate services, a consumer/family decision support tool, and information and referral websites.

Speakers: *Cheryl Schramm*, Chief of Aging Services, Atlanta, GA

Doug Beebe, Deputy Director, Bureau of Aging and In-Home Services, Indianapolis, IN

Darrick Lam, Executive Director, San Francisco Dept. of Aging and Adult Services, San Francisco, CA

Session 30:

Healthy Aging Project – Translating Research Into Practice to Promote Senior Health

This session will provide an overview of CMS's Healthy Aging Project and the National Council on Aging (NCOA) Model Programs Project. The CMS programs are designed to identify, test, and disseminate evidence-based approaches to promoting health and preventing functional decline in older adults. NCOA is working with teams in four cities to translate high quality research into evidence-based model programs suitable for operation in community agencies. Speakers will discuss the current evidence-based science, actual program experiences and the need for future research concerning health promotion among older adults.

Speakers: *Pauline Lapin*, CMS, Baltimore, MD

Nancy Whitelaw, National Council on Aging, Washington, D.C.

Session 31:**Public Awareness Campaigns that Reach Out to Caregivers**

Aging professionals that support caregivers face two public awareness challenges – caregiver self-identification and raising public awareness of support systems. Individuals from organizations that are leading public awareness efforts about family caregiving will discuss how to create effective and cohesive public awareness media campaigns. AoA will describe its own national NFCSP Public Awareness Campaign.

Moderator: *Mindy Freedman*, Administration on Aging

Speakers: *Tara Shaver-Harmon*, Alabama Department of Senior Services, Montgomery, AL

Stacey Boothe, Kansas Area Agencies on Aging Association, Wichita, KS

Christine Urso, North Carolina Department of Health and Human Services Division of Aging, Raleigh, NC

Session 32:**The Nitty Gritty of Operating a Resource Center**

Many states are focusing their long-term care reform efforts on improving the ease with which older adults and their families can access long-term care services. The Administration on Aging and the Centers for Medicare & Medicaid Services have partnered to promote the development of Aging and Disability Resource Centers. These Resource Centers will streamline access to information about service options, assistance in determining need and eligibility, and access to services. This session will present the mechanics of operationalizing these components on the ground.

Moderator: *Greg Case*, Administration on Aging

Speakers: *Steve Lutzky*, Centers for Medicare and Medicaid Services, Baltimore, MD

Elizabeth Lopez, Administrator, Office of Employment and Financial Benefits, Department of Human Services, Salem, OR

Sharon Ryan, Program Analyst, Wisconsin Department of Health and Family Services, Madison, WI

Session 33:**More than a Meal: Nutrition Interventions for Older Americans**

Adequate nutrition is essential for healthy aging, functionality and independence, and management of chronic illness and conditions. This session will focus on successful, practical nutrition interventions that keep older adults, healthy, functional and at-home.

Speakers: *Mary Ann Johnson*, Ph.D., Professor of Foods and Nutrition, Faculty of Gerontology, University of Georgia, Athens, GA

Carol Baker, Ph.D., Mecklenberg County Department of Social Services, Charlotte, NC

Session 34:**Arming Family Caregivers with Tools, Skills, and Information**

This session will focus on how to arm caregivers with proper information, tools and skills to cope with daily caregiving responsibilities. Without appropriate mechanisms in place, caregivers and care recipients may experience stress, burnout and poor health. This session will highlight some of AoA's NFCSP grantees that have created training programs that assist caregivers to communicate effectively with healthcare professionals regarding the care recipient, end-of-life needs, and use caregiver self-care techniques.

Speakers: *Suzanne Mintz*, National Family Caregivers Association, Worcester, MA

John Paul Marosy, National Family Caregivers Association, Worcester, MA

Kathy Egan, Hospice of the Florida Suncoast, Largo, FL

Daniel Kuhn, Mather Institute on Aging, Evanston, IL

Session 35:**Creating Community-Level Change--Livable Communities Initiatives**

This session will present results from a literature review and an ASPE-funded quality evaluation of AoA-funded programs serving Naturally Occurring Retirement Communities. Related efforts to promote livable communities will be highlighted, including Florida's statewide initiative. A framework and survey to study livable communities, as developed by the Visiting Nurse Service of New York, will be discussed.

Moderator: *Debbie Burns*, U.S. Administration on Aging

Speakers: *Sonya Montgomery*, FL Department of Elder Affairs, Tallahassee, FL

David Schimmel, Comprehensive Housing Assistance, Inc.,
Baltimore, MD

Penny Feldman, The Center for Home Care Policy and Research,
New York, NY

12:00 – 2:00 pm

Plenary Session: Why Invest in Prevention—Health and Economic Perspectives

Lunch

Death, disease, and disability in the United States are increasingly due to chronic diseases, including heart disease, cancer, stroke, and diabetes. Previous analyses have indicated that much of this disease burden, including roughly half of the deaths, can be prevented largely through reductions in tobacco use, improved nutrition, and increased physical activity. These facts are well known. Less well appreciated is the fact that more than 70 percent of the deaths, and a similar amount of the health care costs in the United States result from these conditions.

The aging of the baby boom generation during the next 20 to 30 years will impose tremendous extra costs on our society that call into question our ability to sustain our current health care system. Prevention offers a substantial opportunity to diminish this burden. It is clear that the current health care system, with its emphasis on treating diseases after they occur, must be focused much more acutely on preventing disease from occurring in the first place. Not only is preventing suffering and the reduced quality of life due to chronic disease the right thing to do, we simply cannot afford to do otherwise.

Speakers: *Josefina Carbonell*, Assistant Secretary for Aging, Administration on Aging

James Marks, Centers for Disease Control